



Lazy F Camp and Retreat Center

16170 Manastash Rd. Ellensburg, WA 98926

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office@lazyfcamp.org www.lazyfcamp.org

From Seattle (about 2 hours):

I-90 East to Exit #101 (Thorp)

Turn Right (south)

Go 1.9 miles and turn **right** at Cove Road

Go 4.3 miles and turn **right** at Manastash Road (2nd stop sign)

Go 6.9 miles up the canyon to Camp

From Wenatchee (about 1 and a half hours):

Highway 97 South to Perkin's Restaurant

Turn **right**

Go 0.4 miles and turn **left** at KOA onto Thorp Hwy.

Go 0.3 miles and turn **left** at Hanson Road

Go 2.8 miles and turn **left** at Cove Road

Go 1.0 miles and turn **right** at Manastash Road

Go 6.9 miles up the canyon to Camp

From Yakima (about an hour):

I-82 North to I-90 West

Take Exit #109 (Ellensburg/ Canyon Road) - Turn **right**

Turn **left** at Umptanum Road (at Subway, across from McDonald's)

Go 1.6 miles and turn **right** at Manastash Road (Schoolhouse #7 will be on right)

Go 10 miles past the hay fields and up the canyon to Camp

From Spokane (about 3 hours):

I-90 West to exit #109 (Ellensburg/Canyon Road)

Turn **right**

Turn **left** at Umptanum Road (at Subway, across from McDonald's)

Go 1.6 miles and turn **right** at Manastash Road (Schoolhouse #7 will be on right)

Go 10 miles past the hay fields and up the canyon to Camp

Camp is one mile before the paved road ends. Keep coming! You haven't passed it yet!

You will see "Lazy F" on the barn - take the second driveway (by main camp sign).

The office is the first building on the left.

Lazy F Camp & Retreat Center

Recreational Opportunities and Regulations

General Policies:

1. Groups shall provide adult leadership for each activity at the ratios specified in the *Site Use Guidelines* at the activity site(s) at all times when in use; and
2. At least one person with the required certifications as noted under the activities where such certification is applicable.
3. Recreation activities are allowed only when authorized camp staff determines the conditions are such that predictable hazards are minimized, and when authorized camp staff have briefed the leaders concerning safety precautions. Authorized camp staff has the authority to close any recreational site at any time, and to anyone, if undue hazards are imminent due to condition of area(s) and/or behavior of participants.

Equipment Available: The following recreational equipment is available for use at no extra charge and may be checked out from a Camp staff person: soccer ball, football, volleyball, basketball, miscellaneous playballs, softballs and bats, Frisbees, horseshoes, ping-pong paddles and balls, inner tubes, and some ice skates. Any damage or loss of recreational equipment will be billed to the group at replacement costs. Please contact the office if you wish to bring personal sports equipment that may need special storage and handling to ensure the safety of all camp guests (ie, archery equipment).



SNOW TUBING HILL: There is usually enough snow for tubing from late December through early March. However, all winter groups should be prepared with other activities in the event that the snow-tubing hill is closed due to lack of snow. Tubing hill safety regulations:

1. The tubing hill is officially closed and no one is allowed on the tubing hill until a designated camp staff person has inspected the site, informed a designated leader of possible hazards and safety regulations, and declared that the hill is open for tubing.
2. The user group must provide a person present at the tubing site with (at the minimum) current American Red Cross Standard First Aid and CPR (for the appropriate age level) or equivalent certification.
3. No one may sit or lie on another person when descending the tubing hill (in front or behind is OK).
4. No trains of more than 4 persons. The biggest person should be in the front of the train, not the back!
5. Do not go above the boundary fencing up on the hill (too dangerous).
6. Do not walk on the tubing tracks.
7. Do not make jumps in the track.



ICE SKATING:

1. The rink is typically available for skating from December through February. However, no one may skate until the ice has been inspected and an authorized camp staff person has informed the group of possible hazards.
2. The user group must provide a person present at the skating rink with (at the minimum) current American Red Cross Standard First Aid and CPR (for the appropriate age level) or equivalent certification.
3. Ribbon flagging marks boundaries and danger zones: stay inside boundaries!
4. The camp does not currently have the staff time to keep the pond free of snow for skating. We will provide snow shovels if the group wishes to clear snow for skating.

CAMPFIRES: The camp has firewood available for campfires.

1. Open fires must be kept small and in designated areas only.
2. Have a hose or bucket and shovel nearby. Do not leave fires unattended.
3. Extinguish open fires thoroughly and immediately after use.

WATER ACTIVITIES:

The pond is available for catch-and-release fishing. Swimming and boating are prohibited. Please follow these guidelines when fishing or walking near the pond.

Fishing in the Pond: Trout fishing is popular at Lazy F. Please bring your own equipment and tackle. Fishing regulations are:

1. Pond activities require the guest group to provide a supervisor with (at the minimum) current American

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2. Cross Standard First Aid and CPR (for the appropriate age level) or equivalent certification.
3. Barbless hooks only (use pliers to pinch off barbs) for safety.
4. Ice fishing in the winter is possible only with permission from an authorized camp staff person who will identify hole sites.
5. Kill limit: 1 fish per child per day; must be eaten or frozen to take home to eat, not wasted (fishing is catch and release for adults; only children may kill and keep fish).
6. Any fish over 20" or less than 6" must be released.
7. Do not lift fish out of water that you do not intend to kill. Release fish while still in the water.
8. Clean fish in the creek below the wading area below the bridge. Bring your own knife.
9. Kitchen staff cannot cook pond fish. Bring foil for freezing fish or cooking in a campfire.

Creek: Relaxing near Manastash Creek is a great way to soothe tensions. Creek hikes and wading are popular in the summer. Please follow the following safety regulations when near the creek:

1. Creek wading activities require the user group to provide a supervisor with (at the minimum) current American Red Cross Standard First Aid and CPR (for the appropriate age level) or equivalent certification.
2. It is recommended that shoes be worn when playing in the creek.
3. Please do not ride inner tubes in shallow areas (most of the creek!) as it ruins the tubes.
4. When creek hiking, have at least one adult responsible for supervising every 6 youth.
5. Do not walk near the creek in the winter when there is ice on the water!
6. Seatbelts and ties should be removed from all persons in wheelchairs when near the creek.
7. A safety system that enables lifeguards and lookouts to quickly account for all participants must be established and described to an authorized camp staff person. (We can help give you ideas about appropriate systems.)



ARCHERY FIELD: At the tubing hill, we can have archery targets available if you request it at least one month in advance. Camp supervision must be present at all times that archery equipment is in use. There is a \$30.00 per hour charge for use of the archery equipment. Basic archery rules are as follows:

1. A marked shooting line must be established.
2. Archers must be informed not to cross the shooting line until the instructor gives a signal.
3. Archers must not begin shooting until the instructor gives a clear signal.
4. Each archer must be instructed as to proper shooting techniques prior to shooting, so that the archer has enough control and mastery to avoid dangerous actions.

CRAFT CABIN: an adult must supervise Children in the craft area. Groups have the option of using the Craft cabin free of charge if they provide all supplies and supervision, or using it for a fee of \$30.00 per hour if the camp provides all supplies and an experienced craft person. Equipment may be used by the group at no cost except for replacement if damaged or lost.

BARN: Free to use. The barn has a variety of recreation possibilities: upstairs is a wooden floor loft with high ceiling suitable for basketball (one hoop) or gym games, barn dances, etc. The upstairs is not heated. Downstairs is a heated, carpeted multi-purpose room for meetings or activities. There are church pews for seating. We have a pool table, air hockey table, ping pong table, and two foosball tables. **Due to equipment being broken, we are now asking groups to have adult supervision of youth in the Rec Barn at all times of use.** Charges will be applied to final invoices for damage or equipment replacement.

PLAYING FIELD: A playing field (mowed grass from spring through fall) is available for field games and play. A volleyball net and tetherball set are set up year-round. A drinking fountain is next to the field. Do not drink water from irrigation hoses. Be aware of irregularities in the ground surface when running on the playing field.

HORSESHOE PITS: There is a set of horseshoe pits below Ridgeview lodge. Please cover stakes with PVC pipe when not in use to prevent injury.

HIKING, MOUNTAIN BIKING, SNOWSHOEING, CROSS-COUNTRY SKIING: There are a few trails from camp with varying degrees of difficulty. Please ask for directions when you arrive at camp. Bring your own bicycles, snowshoes, skis, etc. Trails are not maintained for skiing or mountain biking. No motor vehicles off roads.



1. Do not travel alone. Notify someone of intended route and estimated time of return.
2. Take adequate drinking water, food, and first-aid supplies. Dress appropriately for the weather.
3. Do not travel on loose rocks on steep slopes (do not head straight up to the cross; use the trail!)
4. Do not throw or roll rocks or other objects down slopes.

CHALLENGE COURSE: The Challenge Course experience at Lazy F uses a series of challenge events with props, structures, ropes, cables, and scenarios set up by a qualified facilitator who guides a group through an experience of adventure education and a process of making conceptual connections between the challenge course experience and other life experiences. The challenge course experience is a powerful experiential tool, and while it is fun, it is not a recreational play toy, and must be facilitated by a qualified person. More information may be obtained by contacting the camp at least two months in advance. Availability of the challenge course is based on the availability of qualified staff facilitators. *Groups are not allowed to facilitate their own Challenge Course programs.*